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# Nutri - Topics

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**Educator**

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## Anorexia Nervosa and Bulimia

### Articles (in order by date)

- "Eating Disorders in NCAA Athletic Programs." Randall W. Dick. *Athletic Training, Journal of the National Trainers Association*, 26(2):137-140. Summer 1991.
- "Gender Differences in Eating Behavior and Body Weight Regulation." Barbara J. Rolls, Ingrid C. Fedoroff, and Joanne F. Guthrie. *Health Psychology*, 10(2):133-142. 1991.
- "Anorexia Nervosa, Bulimia Nervosa: Causal Theories and Treatment." T. A. Palmer. *Nurse Practitioner*, 15(4):12-18. April 1990.
- "I'll Be Happy When I'm Thin Enough: The Treatment of Anorexia Nervosa in Adolescent Literature." Joann Pantanizopoulos. *ALAN Review*, 17(1):9-10. Fall 1989.
- "An Overview of the Eating Disorders Anorexia Nervosa and Bulimia Nervosa." D. B. Woodside and P. E. Garfinkel. *Nutrition Today*, 24(3):27-29. May/June 1989.
- "Early Manifestations of Eating Disorders in Adolescents: Defining Those at Risk." Lucy B. Adams and Mary-Ann B. Shafer. *Journal of Nutrition Education*, 20(6):307-313. December, 1988.
- "Anorexia Nervosa and Related Conditions in Schoolchildren." Paula H. Salmons. *Nutrition and Health*, 4(4):217-225. 1987.

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The resources listed are judged to be available and to contain accurate and readable nutrition information. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the *FNIC Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

## Audiovisuals (in order by date)

- Mirror, Mirror.* (1991). Film Ordering, University of California-Santa Barbara, Santa Barbara, CA 93106. **Includes:** A 26-minute (VHS) videocassette and curriculum guide. **Contents:** This video discusses the topic of how to help a friend with an eating disorder. It features interviews with women who are recovering from an eating disorder and a woman who helped her friend get treatment for anorexia nervosa. **Audience:** Adolescent and young adults.
- Food For Thought.* (1990). Direct Cinema Limited, Santa Monica, CA 90401. **Includes:** A 30-minute (VHS) videocassette. **Content:** This video presents the story of an adolescent who discovers that her friend has an eating disorder. The themes discussed include eating disorders and nutrition, self-image, personal satisfaction, and parental expectations. **Audience:** Adolescents.
- Nutrition and Eating Disorders in Athletics.* (1990). Karol Video, 350 North Pennsylvania Avenue, P.O. Box 7600, Wilke-Barre, PA 18773-7600. **Includes:** A three-part (VHS) videocassette series. The titles are (1) "Afraid to Eat: Eating Disorders and the Student Athlete" (17 minutes), (2) "Out of Balance: Nutrition and Weight" (16 minutes), and (3) "Eating Disorders: What Can I Do?" (15 minutes). **Content:** The material covers the problems created by the drive to lower weight without regard for proper diet, the devastating consequences of eating disorders, and what coaches, teachers, and others can do to help the student-athlete with an eating disorder. A comprehensive set of printed materials suitable for copying accompanies the series. Supplemental materials include a hand-out master on eating disorders, nutrition, weight loss, and amenorrhea, and a resource referral list. **Audience:** Athletes with an eating disorder, coaches, health professionals, parents, and teachers.
- Dying To Be Thin.* (1989). Carle Medical Communications, 110 West Main Street, Urbana, IL 61801-2700. **Includes:** A 25-minute (VHS or Beta) videocassette. **Content:** This video presents the personal experiences of both males and females recovering from eating disorders. Additional insight is provided by physicians and counselors who discuss the causes of eating disorders, early warning signs, and physical and psychological effects of anorexia nervosa and bulimia nervosa. **Audience:** Adolescents, adults, counselors, and health professionals.
- Eating Disorders: You Are Not Alone.* (1989). Meridian Education Corporation, 236 East Front Street, Bloomington, IL 61701. **Includes:** A 28-minute (VHS or Beta) videocassette. **Content:** This video discusses the prevalence, underlying symptoms, and treatment of anorexia and bulimia. Individuals recovering from an eating disorder share their experiences. **Audience:** Adolescents, young adults, and parents.



*Learning About Eating Disorders.* (1989). Churchill Films, 12210 Nebraska Avenue, Los Angeles, CA 90025. A five-part (VHS) videocassette series; each 15-16 minutes. The titles are (1) "Starving and Binging," (2) "Anorexia Nervosa," (3) "Bulimia," (4) "Getting Help," and (5) "Changing Behavior." **Content:** These videos provide information on the indications of anorexia and bulimia, the associated medical disorders, and treatment and recovery. **Audience:** Adolescents, adults, and parents.

*Real People: Coping with Eating Disorders.* (1989). Sunburst Communications, Department AW, 101 Castleton Street, Pleasantville, NY 10570. **Includes:** A 27-minute (VHS) videocassette and a 37-page teacher's guide. **Content:** This video presents the stories of three young people recovering from eating disorders. **Audience:** Adolescents and adults.

*Real People: Meet a Teenage Anorexic.* (1989). Sunburst Communications, Department AW, 101 Castleton Street, Pleasantville, NY 10570. **Includes:** An 18-minute (VHS) videocassette and a 26-page teacher's guide. **Content:** This video is designed to help viewers understand the pathology underlying anorexia by providing an in-depth picture of a young anorexic and her struggle to overcome her compulsion to refuse food. **Audience:** Adolescents and adults.

*Eating Disorders and Athletic Performance.* (1988). International Center for Sports Nutrition, 502 South 44th Street, Suite 3012, Omaha, NE 68105. **Includes:** A 15-minute (VHS) videocassette. **Content:** This video discusses factors precipitating anorexia and bulimia, indicators of an eating disorder, psychological effects of eating disorder behaviors, and proper methods for weight loss. **Audience:** Athletes, coaches, and trainers.

*FoodFright.* (1988). Direct Cinema Limited, Santa Monica, CA 90401. **Includes:** A 30-minute (VHS) videocassette. **Content:** The video presents an adaptation of a musical cabaret using parody, personal stories, and facts to address the damaging physical and psychological side effects of eating disorders. **Audience:** Adults.

*Anorexia and Bulimia.* (1987). Films for the Humanities and Sciences, Princeton, NJ 08540. **Includes:** A 19-minute (VHS) videocassette. **Content:** The video discusses some the characteristics of persons with eating disorders. Women who are recovering share their feelings about eating, being thin, how the problem evolved, and the therapy they received. The physiological and psychological effects of the disease are reviewed. **Audience:** Adults.

## **Books (in order by date)**

- Everybody's Doing It . . . And Here's How To Quit.* Dorie F. Pass. Phoenix, AZ: Golden One Publishing. 1990. 152 pp.
- Males With Eating Disorders.* Arnold E. Anderson (Ed.). New York, NY: Brunner/Mazel Publishers. 1990. 264 pp.
- Overcoming Fear of Fat.* Laura S. Brown and Ester D. Rothblum (Eds.). New York, NY: Harrington Park Press. 1989. 103 pp.
- The Bulimic College Student: Evaluation, Treatment and Prevention.* Leighton C. Whitaker and William N. Davis (Eds.). New York, NY: Haworth Press. 1989. 340 pp.
- A Parent's Guide To Eating Disorders.* Brett Valette. New York, NY: Walker Publishing Company. 1988. 190 pp.
- Surviving an Eating Disorder: New Perspectives and Strategies for Family and Friends.* Michele J. Siegal, J. Brisman, and M. Weinshel. New York, NY: Harper and Row. 1989. 256 pp.
- Bulimarexia: The Binge/Purge Cycle.* 2nd edition. Marlene Bosking and C. William White. New York, NY: Norton. 1987. 284 pp.
- Dying To Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia A Practical, Lifesaving Guide.* Ira M. Sacker and Marc A. Zimmer. New York, NY: Warner Books, Inc. 1987. 266 pp.
- How Schools Can Help Combat Student Eating Disorders.* Michael Levine. Washington, DC: National Education Associate. 1987. 279 pp.

## **Teaching Tools (in order by date)**

- Anorexia Nervosa and Bulimia: A Resource Booklet.* (handout) Available from the Montgomery County Government, Nutrition Services, Department of Health, 1001 Maryland Avenue, Rockville, MD 20850.
- Eating Disorders.* (handout). Available from the American College Health Association, 1300 Piccard Drive, Suite 200, Rockville, MD 20850.
- Eating Disorders: Anorexia and Bulimia.* (handout) Available from the American Dietetic Association, 216 West Jackson Boulevard, Suite 800, Chicago, IL 60606-5995.

*Sport Nutrition: Eating Disorders.* (handout) Available from the International Center for Sport Nutrition, 502 South 44th Street, Suite 3012, Omaha, NE 68105.

## **Contacts for Assistance**

### Local Contacts (Listed in the telephone directory)

### Ask for the:

Health Department (city, county, state) . . . . .	.Nutritionist
Hospital . . . . .	.Registered Dietitian
Nutrition Consultant . . . . .	.Registered Dietitian

### National Contacts

American Anorexia/Bulimia Association, Inc. 418 East 76th Street, New York, NY 10021.  
(212) 734-1114.

Anorexia Nervosa and Related Eating Disorders, P.O. Box 5102, Eugene, OR 97405.  
(503) 344-1144.

Food and Nutrition Information Center, National Agricultural Library, U.S.D.A., Room  
304, Beltsville, MD 20705-2351. (301) 344-3719.

International Association of Eating Disorders Professionals, 34213 Coast Highway, Suite E,  
Dana Point, CA 92629. (714) 248-1150.

International Center for Sports Nutrition, 502 South 44th Street, Suite 3012, Omaha, NE  
68015. (402) 559-5505.

National Association of Anorexia Nervosa and Associated Disorders, Box 7 Highland Park,  
IL 60035. (708) 831-3438.

National Center for Education in Maternal and Child Health, 38th & R Streets N.W.,  
Washington, DC 20057. (202) 625-8400.

National Center for Nutrition and Dietetics, The American Dietetic Association, 216 West  
Jackson Boulevard, Suite 800, Chicago, IL 60606-5995. (312) 899-0040, extension  
4853.

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Geoffrey Greene, Ph.D., R.D., Associate Professor, Department of Food Science and Nutrition, University of Rhode Island, Food Science and Nutrition Research Center, West Kingston, RI 02892.

Jane Rees, M.S., R.D., Teaching Associate, Department of Pediatrics, University of Washington, Division of Adolescent Medicine, Seattle, WA, 98195.

Jamie Stang, M.P.H., R.D., Nutrition Education Coordinator, Health Education Department, University of Illinois at Urbana, Urbana, IL, 61801.

This *Nutri-Topics* was compiled by Katrina A. Holt, M.S., R.D.  
Nutrition Associate

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